

DER MONDZYKLUS

Dein natürlicher Rhythmus mit dem Mond

Wenn du keinen eigenen Zyklus hast oder dich zusätzlich mit der Kraft des Mondes verbinden möchtest, orientiere dich am Mondzyklus. Er erinnert dich daran, dass auch dein Leben in Phasen verläuft – jede mit eigener Energie, Stimmung und Qualität.

So findest du deine Phase:

1. Sieh im Mondkalender nach, in welcher Phase der Mond heute steht (Nummer 1–8).
2. Nimm die Mondkarte mit dieser Nummer und lies die Botschaft.
3. Prüfe: Spiegelt sie deine Gefühle oder deine aktuelle Energie?
4. Wenn du tiefer gehen möchtest, nimm zusätzlich die Zykluskarte mit derselben Zahl.

So nutzt du die Karten

Du hast vier Möglichkeiten, mit deinem Set zu arbeiten:

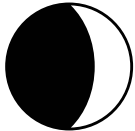
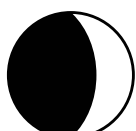
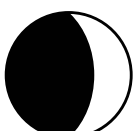
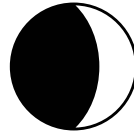
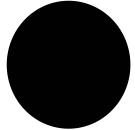
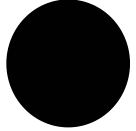
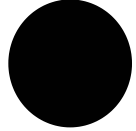
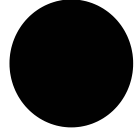
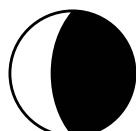
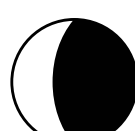
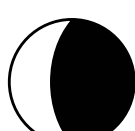
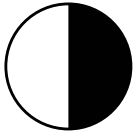
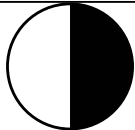
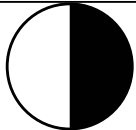
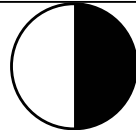
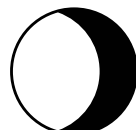
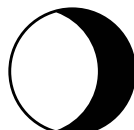
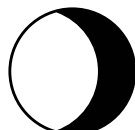
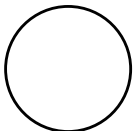
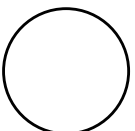
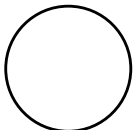
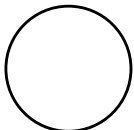
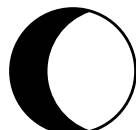
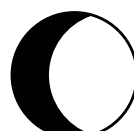
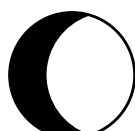
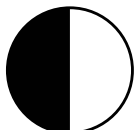
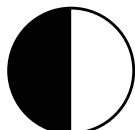
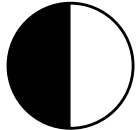
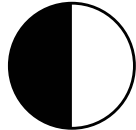
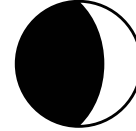
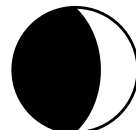
1. Mondzyklus → Nutze den Mondkalender und ziehe die passende Mondkarte.
2. Zykluskarte → Ergänze die Energie mit der Karte des weiblichen Zyklus (gleiche Nummer).
3. Übungskarte → Füge eine kleine Praxis für dich hinzu – bewusst, achtsam, alltagstauglich. (gleiche Nummer)
4. Ritualkarte → Wähle eine intensive Übung oder ein Ritual für tiefe Heilung und Transformation. (gleiche Nummer)

Tipp: Höre auf dein Gefühl. Wenn dich eine andere Karte anspricht oder du länger in einer Phase bleiben willst, folge deiner Intuition.



Oktober

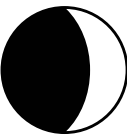
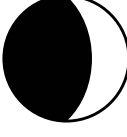
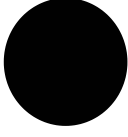
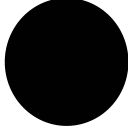
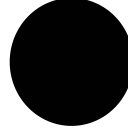
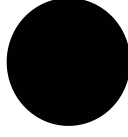
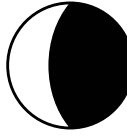
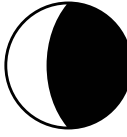
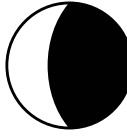
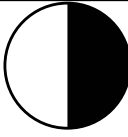
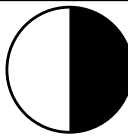
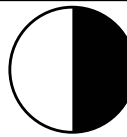
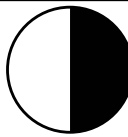
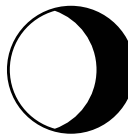
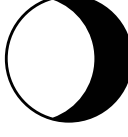
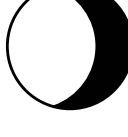
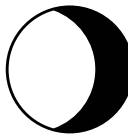
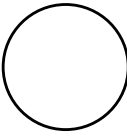
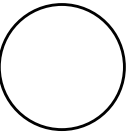
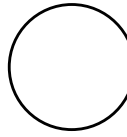
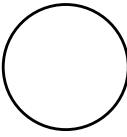
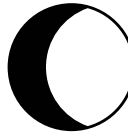
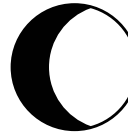
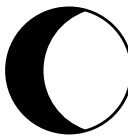
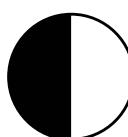
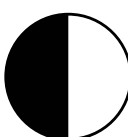
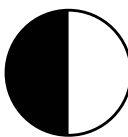
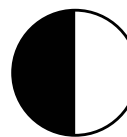
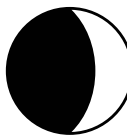
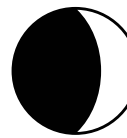
2025

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November

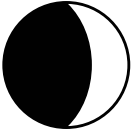
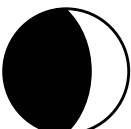
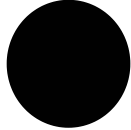
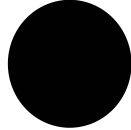
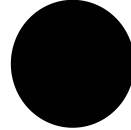
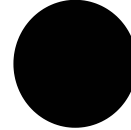
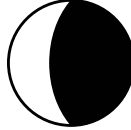
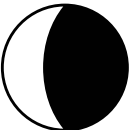
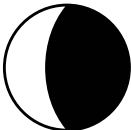
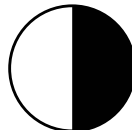
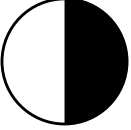
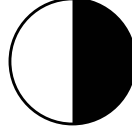
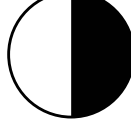
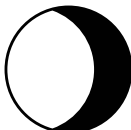
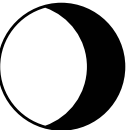
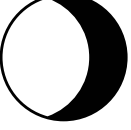
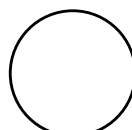
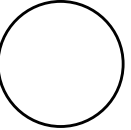
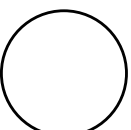
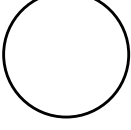
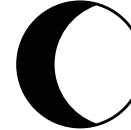
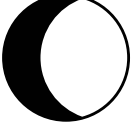
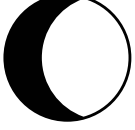
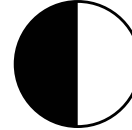
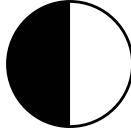
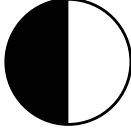
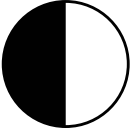
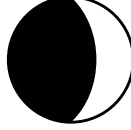
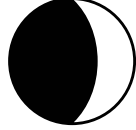
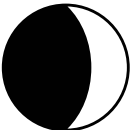
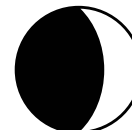
2025

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
					 8 ¹	 8 ²
 1 ³	 1 ⁴	 1 ⁵	 1 ⁶	 2 ⁷	 2 ⁸	 2 ⁹
 3 ¹⁰	 3 ¹¹	 3 ¹²	 3 ¹³	 4 ¹⁴	 4 ¹⁵	 4 ¹⁶
 4 ¹⁷	 5 ¹⁸	 5 ¹⁹	 5 ²⁰	 5 ²¹	 6 ²²	 6 ²³
 6 ²⁴	 7 ²⁵	 7 ²⁶	 7 ²⁷	 7 ²⁸	 8 ²⁹	 8 ³⁰



Dezember

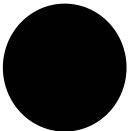
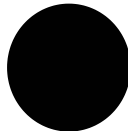
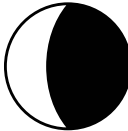
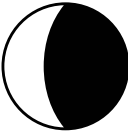
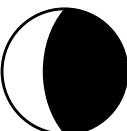
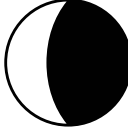
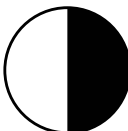
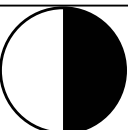
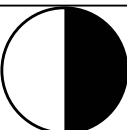
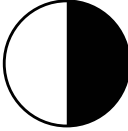
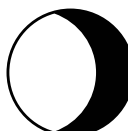
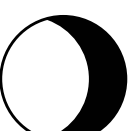
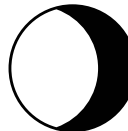
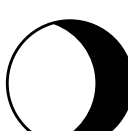
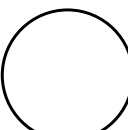
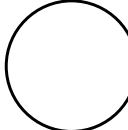
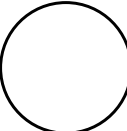
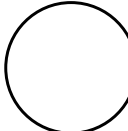
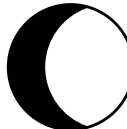
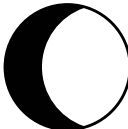
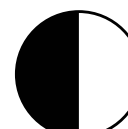
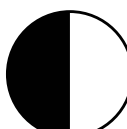
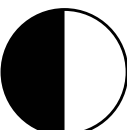
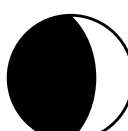
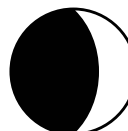
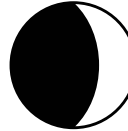
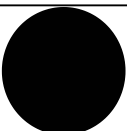
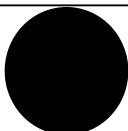
2025

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
 8 ¹	 8 ²	 1 ³	 1 ⁴	 1 ⁵	 1 ⁶	 2 ⁷
 2 ⁸	 2 ⁹	 3 ¹⁰	 3 ¹¹	 3 ¹²	 3 ¹³	 4 ¹⁴
 4 ¹⁵	 4 ¹⁶	 5 ¹⁷	 5 ¹⁸	 5 ¹⁹	 5 ²⁰	 6 ²¹
 6 ²²	 6 ²³	 7 ²⁴	 7 ²⁵	 7 ²⁶	 7 ²⁷	 8 ²⁸
 8 ²⁹	 8 ³⁰	 8 ³¹				



Januar

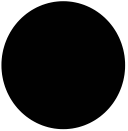
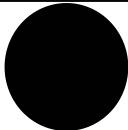
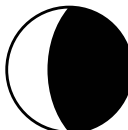
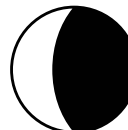
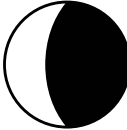
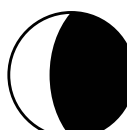
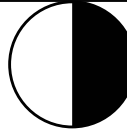
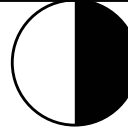
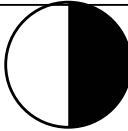
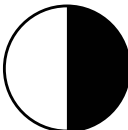
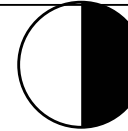
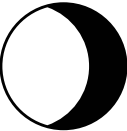
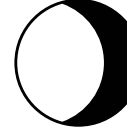
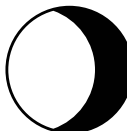
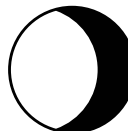
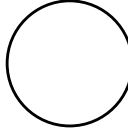
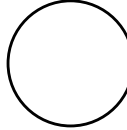
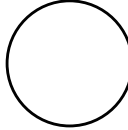
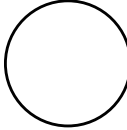
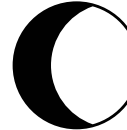
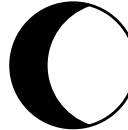
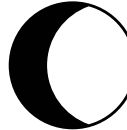
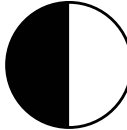
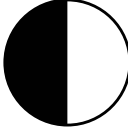
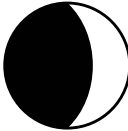
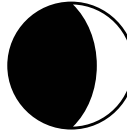
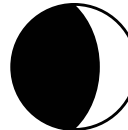
2026

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
			 1	 2	 3	 4
 5	 6	 7	 8	 9	 10	 11
 12	 13	 14	 15	 16	 17	 18
 19	 20	 21	 22	 23	 24	 25
 26	 27	 28	 29	 30	 31	



Februar

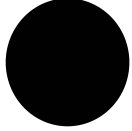
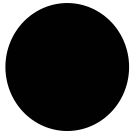
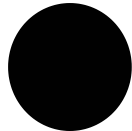
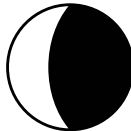
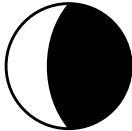
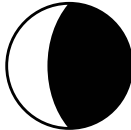
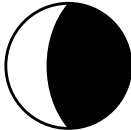
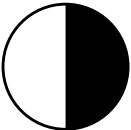
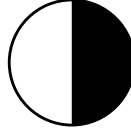
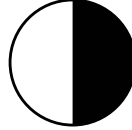
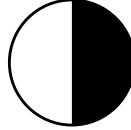
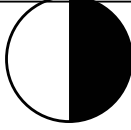
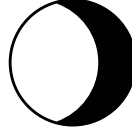
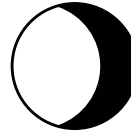
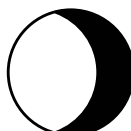
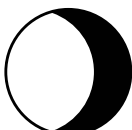
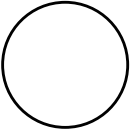
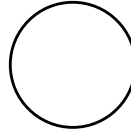
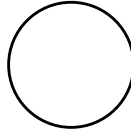
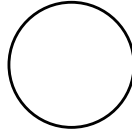
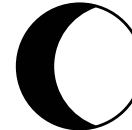
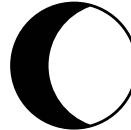
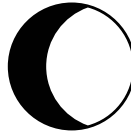
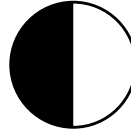
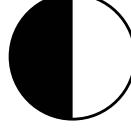
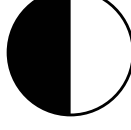
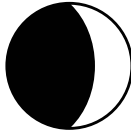
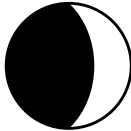
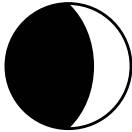
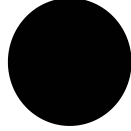
2026

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
						 1 1
 1 2	 2 3	 2 4	 2 5	 2 6	 3 7	 3 8
 3 9	 3 10	 3 11	 4 12	 4 13	 4 14	 4 15
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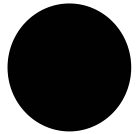
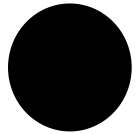
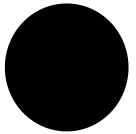
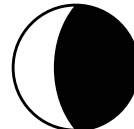
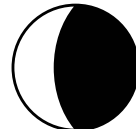
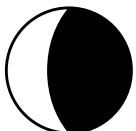
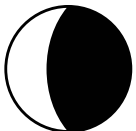
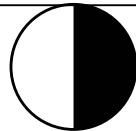
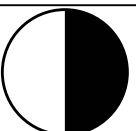
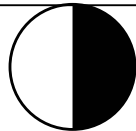
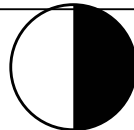
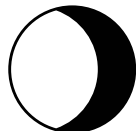
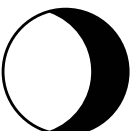
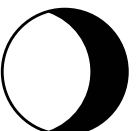
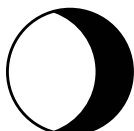
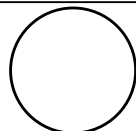
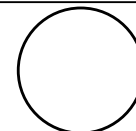
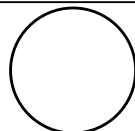
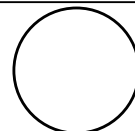
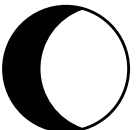
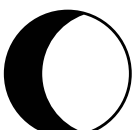
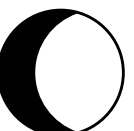
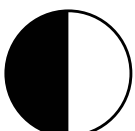
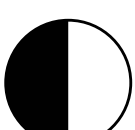
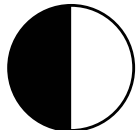
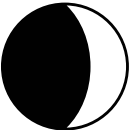
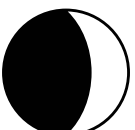
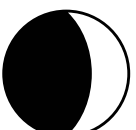
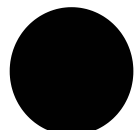
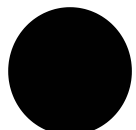
2026

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
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 3 9	 3 10	 3 11	 3 12	 3 13	 4 14	 4 15
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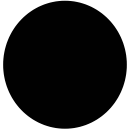
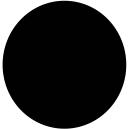
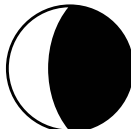
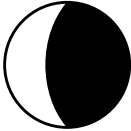
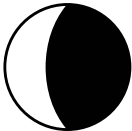
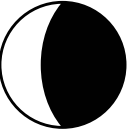
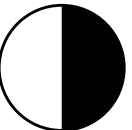
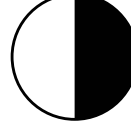
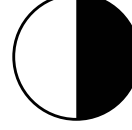
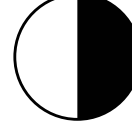
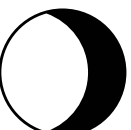
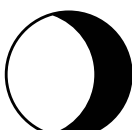
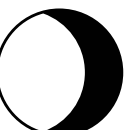
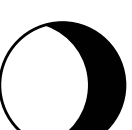
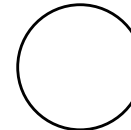
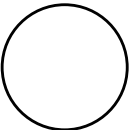
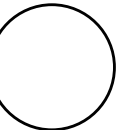
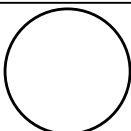
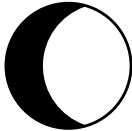
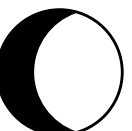
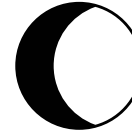
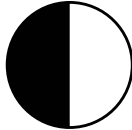
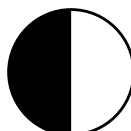
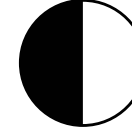
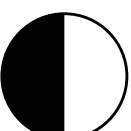
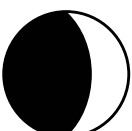
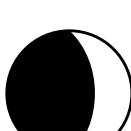
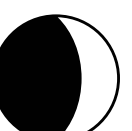
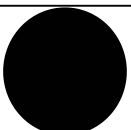
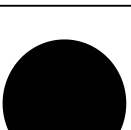
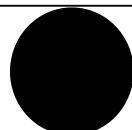
2026

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
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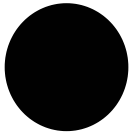
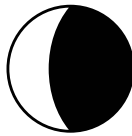
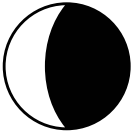
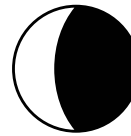
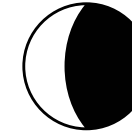
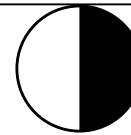
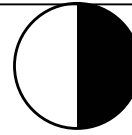
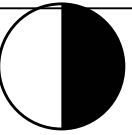
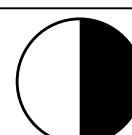
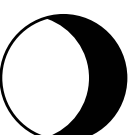
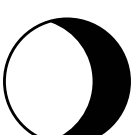
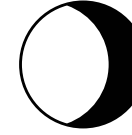
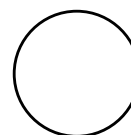
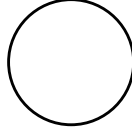
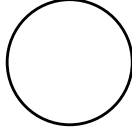
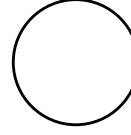
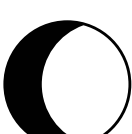
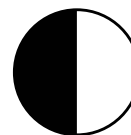
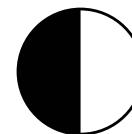
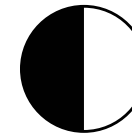
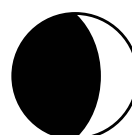
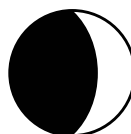
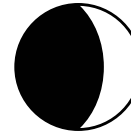
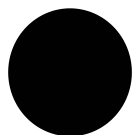
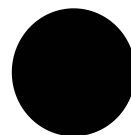
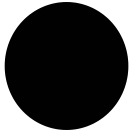
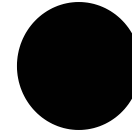
2026

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
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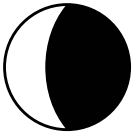
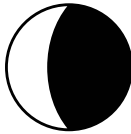
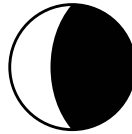
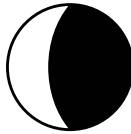
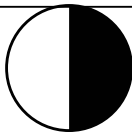
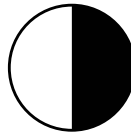
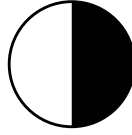
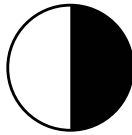
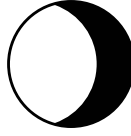
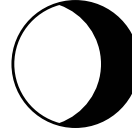
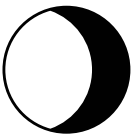
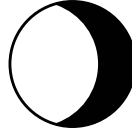
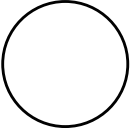
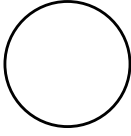
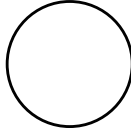
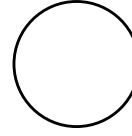
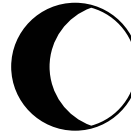
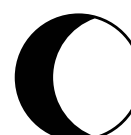
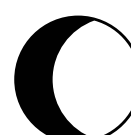
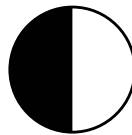
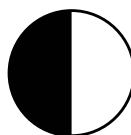
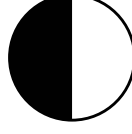
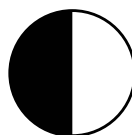
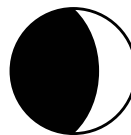
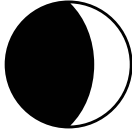
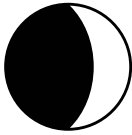
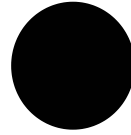
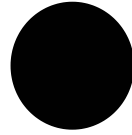
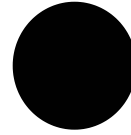
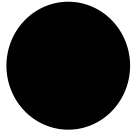
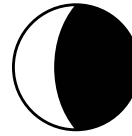
2026

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
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Juli

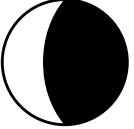
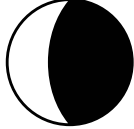
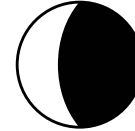
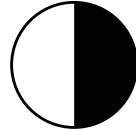
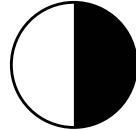
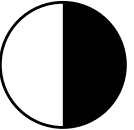
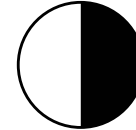
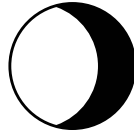
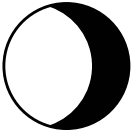
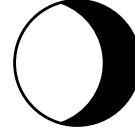
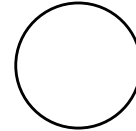
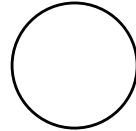
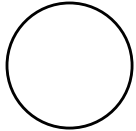
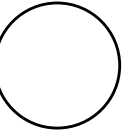
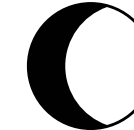
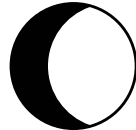
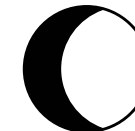
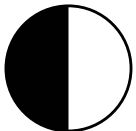
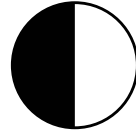
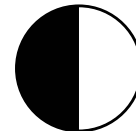
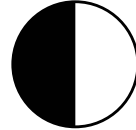
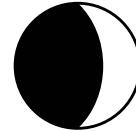
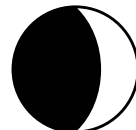
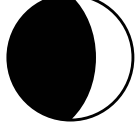
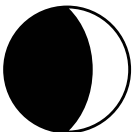
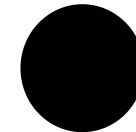
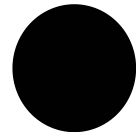
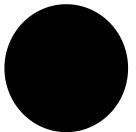
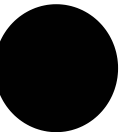
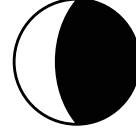
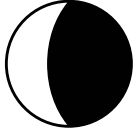
2026

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
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 5 13	 5 14	 5 15	 5 16	 6 17	 6 18	 6 19
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August

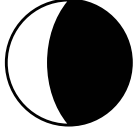
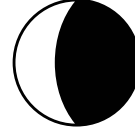
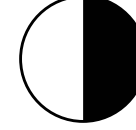
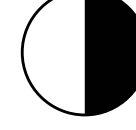
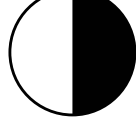
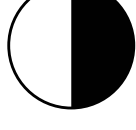
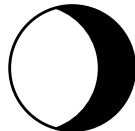
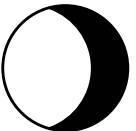
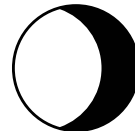
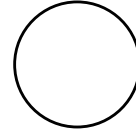
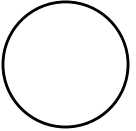
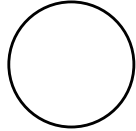
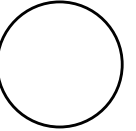
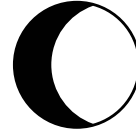
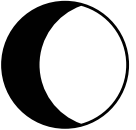
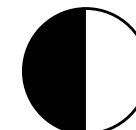
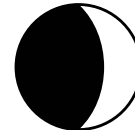
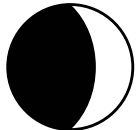
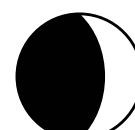
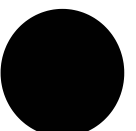
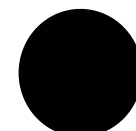
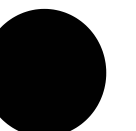
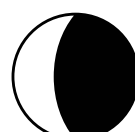
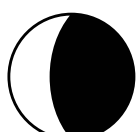
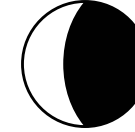
2026

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
					 2 ¹	 2 ²
 2 ³	 3 ⁴	 3 ⁵	 3 ⁶	 3 ⁷	 4 ⁸	 4 ⁹
 4 ¹⁰	 5 ¹¹	 5 ¹²	 5 ¹³	 5 ¹⁴	 6 ¹⁵	 6 ¹⁶
 6 ¹⁷	 7 ¹⁸	 7 ¹⁹	 7 ²⁰	 7 ²¹	 8 ²²	 8 ²³
 8 ²⁴	 8 ²⁵	 1 ²⁶	 1 ²⁷	 1 ²⁸	 1 ²⁹	 2 ³⁰
 2 ³¹						



September

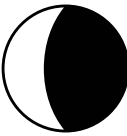
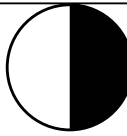
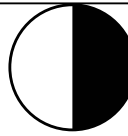
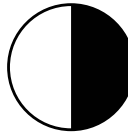
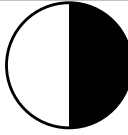
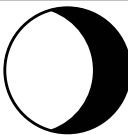
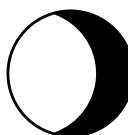
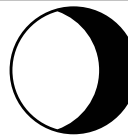
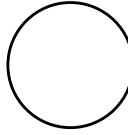
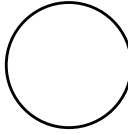
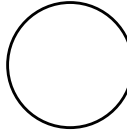
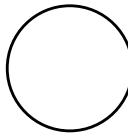
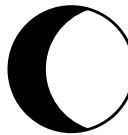
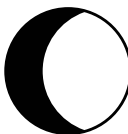
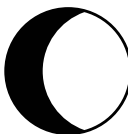
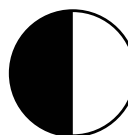
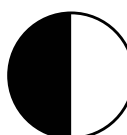
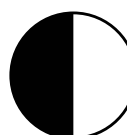
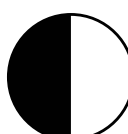
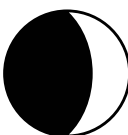
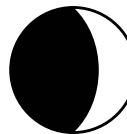
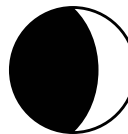
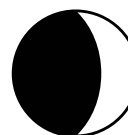
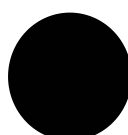
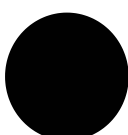
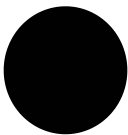
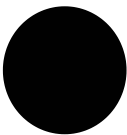
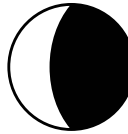
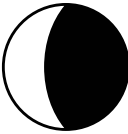
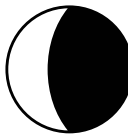
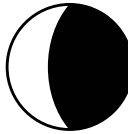
2026

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
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 4 ⁷	 4 ⁸	 4 ⁹	 5 ¹⁰	 5 ¹¹	 5 ¹²	 5 ¹³
 6 ¹⁴	 6 ¹⁵	 6 ¹⁶	 7 ¹⁷	 7 ¹⁸	 7 ¹⁹	 7 ²⁰
 8 ²¹	 8 ²²	 8 ²³	 1 ²⁴	 1 ²⁵	 1 ²⁶	 1 ²⁷
 2 ²⁸	 2 ²⁹	 2 ³⁰				



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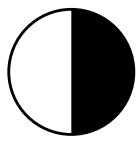
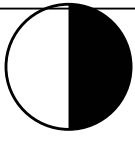
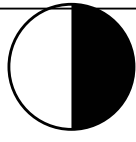
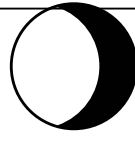
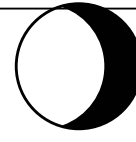
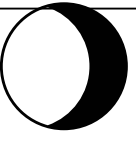
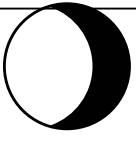
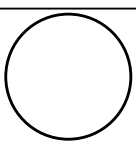
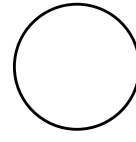
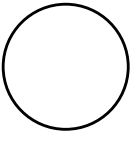
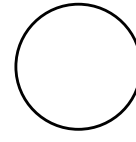
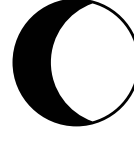
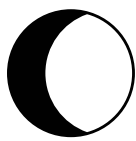
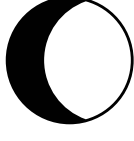
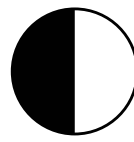
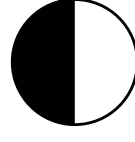
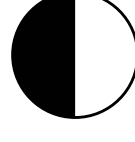
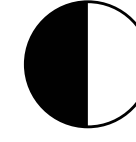
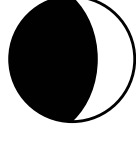
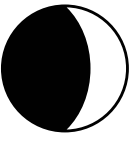
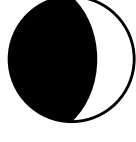
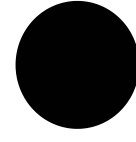
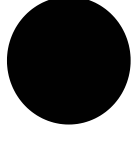
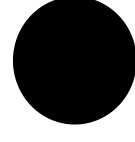
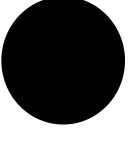
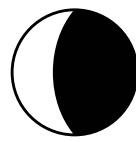
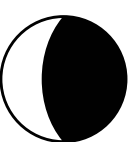
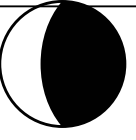
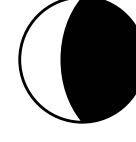
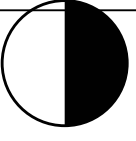
2026

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
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 3 ⁵	 4 ⁶	 4 ⁷	 4 ⁸	 5 ⁹	 5 ¹⁰	 5 ¹¹
 5 ¹²	 6 ¹³	 6 ¹⁴	 6 ¹⁵	 7 ¹⁶	 7 ¹⁷	 7 ¹⁸
 7 ¹⁹	 8 ²⁰	 8 ²¹	 8 ²²	 8 ²³	 1 ²⁴	 1 ²⁵
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November

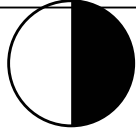
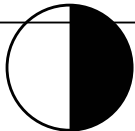
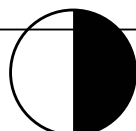
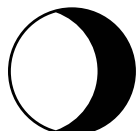
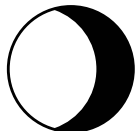
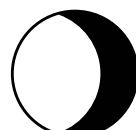
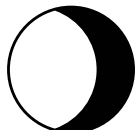
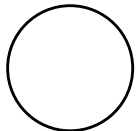
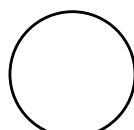
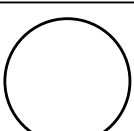
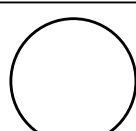
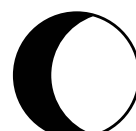
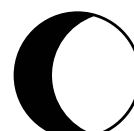
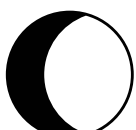
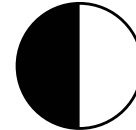
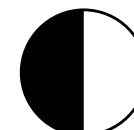
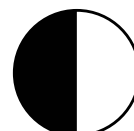
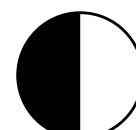
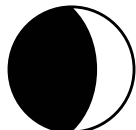
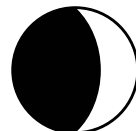
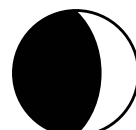
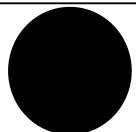
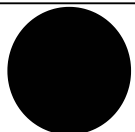
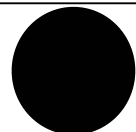
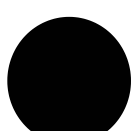
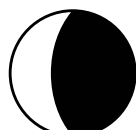
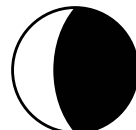
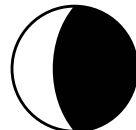
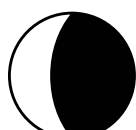
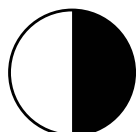
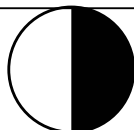
2026

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
						 3 ¹
 3 ²	 3 ³	 4 ⁴	 4 ⁵	 4 ⁶	 4 ⁷	 5 ⁸
 5 ⁹	 5 ¹⁰	 5 ¹¹	 6 ¹²	 6 ¹³	 6 ¹⁴	 7 ¹⁵
 7 ¹⁶	 7 ¹⁷	 7 ¹⁸	 8 ¹⁹	 8 ²⁰	 8 ²¹	 1 ²²
 1 ²³	 1 ²⁴	 1 ²⁵	 2 ²⁶	 2 ²⁷	 2 ²⁸	 2 ²⁹
 3 ³⁰						



Dezember

2026

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
	 3 1	 3 2	 3 3	 4 4	 4 5	 4 6
 4 7	 5 8	 5 9	 5 10	 5 11	 6 12	 6 13
 6 14	 7 15	 7 16	 7 17	 7 18	 8 19	 8 20
 8 21	 1 22	 1 23	 1 24	 1 26	 2 26	 2 27
 2 28	 2 29	 3 30	 3 31			

